

Life Time Work Announces Second Houston Location at GreenStreet

Set to open in Spring 2020, premium coworking experience features everything needed for an elevated workday, including membership to all Life Time destinations

Houston (December 20, 2019) - Building on the success of Life Time's first Houston-based Life Time Work at City Centre Five earlier this year, the premiere healthy lifestyle brand has announced the official launch of [Life Time Work GreenStreet](#), set to open in Spring 2020. It will mark the fifth location across the country, with six to ten additional locations planned in the coming year.

Life Time Work GreenStreet will be connected with the brand's 56,000-square-foot [Life Time GreenStreet](#) athletic resort, which is also set to open in 2020 in the bustling mixed-use GreenStreet development. Located at 1201 Main Street, the premium coworking space will provide its members more than 38,000-square-feet of elegantly designed private office and open-plan workspaces that promote comfort, collaboration and productivity. A [wait list](#) has been established for those interested in learning more and securing their space.

"Life Time Work is a natural extension of the lifestyle brand we have built in our athletic resorts throughout the United States and Canada for over a quarter century," said Life Time Work President James O'Reilly. "We're excited about the continued entrepreneurial growth in Houston and the community of dynamic professionals here. The GreenStreet development, with its easy accessibility and vibrant growth, is truly a perfect location to unveil our uniquely elevated shared workspace concept. We look forward to helping our members in their pursuit of a fulfilling and healthy worklife."

Life Time Work provides innovative shared work environments for established professionals and enables members to be more productive, engaged and fulfilled—with the added benefit of access to Life Time GreenStreet and the brand's more than 150 locations in North America.

"We have carefully considered every detail to uniquely address the needs of those seeking an alternative to the traditional long-term lease or challenges faced by remote teams working from their homes," O'Reilly said. "This includes not just beautiful spaces but social events, professional development and networking sessions and an overall focus on whole health."

Highlights of the new space include:

- Private, enclosed office spaces for up to 16 people
- Lounge spaces
- Open resident desks include a dedicated desk in an open plan resident space
- Conference rooms, private phone booths & quiet rooms
- Access to a tech-guru and printing, copying and scanning
- Social and professional development events

Life Time Work GreenStreet joins [Life Time Work Centre City Five](#), which launched in May of this year, along with locations in [Ardmore](#) (Pa.), [West End](#) (St. Louis Park, Minn.) and [Edina](#) (Minn.), along with announced locations in [Coral Gables](#) (Fla.) (2020), [Dallas](#) (2020) and [Bridgewater](#) (N.J.) (2020).

Limited number of Life Time Work memberships are available. More information is available at <https://work.lifetime.life/home.html>.

About Life Time® - Healthy Way of Life

Life Time champions a healthy and happy life for its members across 150 destinations in 40 major markets in the U.S. and Canada. As the nation's only Healthy Way of Life brand, Life Time delivers an unmatched athletic resort experience that goes well beyond fitness to encompass the entire spectrum of daily life. Building upon its current portfolio, [Life Time](#) is building its brand through the development of large, mixed-use lifestyle centers that feature Life Time resorts, [Life Time Work](#) coworking spaces and [Life Time Living](#) high-end leased residences. These concepts, combined with instinctive programming, encompass the full spectrum of a healthy living, healthy aging and healthy entertainment experience for individuals, couples and families of all ages.

For further information: Natalie Bushaw | Life Time | nbushaw@lt.life | 952.229.7007 Max DeFilippis | Finn Partners | max.defilippis@finnpartners.com | 212.561.7483